

DOCTORS' BLUNDERS.

Best Legal Methods Applied to Medical Practice Would Uncover.

"Now that I am through with medicine I can speak of the profession in a fashion that I would not if I was still in the practice," said a gentleman who has been known as a successful physician in New York for years as he sat at luncheon in the Lawyers' club.

"Of course I don't care to have my name mentioned, for I have lots of good friends in the profession, but the fact is that the profession of medicine would be nearly ruined if it had to be conducted as you gentlemen of the bar practice your calling.

"We have a great advantage over you, for you in your cases are subjected to the extremest publicity, while we in our cases have the utmost concealment. Just suppose that in our cases we had a judge who knew as much as or more than we did presiding over our actions and, worse than that, had another physician, whose interests were not ours, watching and criticising us at every step and blazoning every error that we made. Dear me, such a prospect as that would frighten the best physician who ever lived the moment he entered a sick room, and yet that condition is just what you men of the law have to face in every case that you try.

"What sort of a figure would a lawyer cut floundering around in court without any knowledge of his case? But a physician can flounder mentally in a sick room without a second person being the wiser, though the patient may suffer; but, then, 'dead men tell no tales.'

"Under such circumstances of doubt, which is usually ignorance, the physician can look wise, put something into the patient's stomach, go to his office, decide what line of experiment he will follow, return the next day, hoping to find that nature is working the cure that he doesn't know how to effect, and being ready and willing to take all of the credit that comes his way.

"Why, the very first thing that nurses are taught is to observe the utmost secrecy about doctors' blunders. If they told what they know there wouldn't be much confidence in physicians where they are heard. Ask a nurse of experience about this when you have the opportunity.

"Yes, sir, I repeat that the publicity and chance for criticism in your profession, if applied to medicine, would result in the discovery of a small amount of science as compared with the large amount of empiricism."—New York Herald.

FRUITS AND FLOWERS.

It never injures an orchard to manure it.

Judicious annual pruning is essential with the peach.

Low headed trees resist the wind better, and the fruit is more easily picked.

In grafting a large tree it is best not to try to graft the whole tree in one season.

Budding on certain slow growing and somewhat inconspicuous stock is the best way of dwarfing.

In most cases the cause of moss appearing on the stems of apple and other fruit trees is wet, cold, undrained land.

The soil for roses should be rich and of such tenacity that it will hold together when pressed. Sand and clay mixed is good.

All wood that is more than two years old should be cut out from the currants and gooseberries. They will produce more fruit, even if the vines are not so large.

An Economical Mother.

Small Katherine, who had been forbidden to touch the ink bottle, had accidentally spilled its contents not only all over her mother's desk, but on the rug, several chairs and her own apron. Her mother, on discovering the state of affairs, had expressed more surprise than pleasure. When the father of the family returned at night his little daughter met him at the door and asked:

"Papa, how much does a bottle of ink cost?"

"Oh, about 5 cents."

"Five cents!" exclaimed the aggrieved youngster in a tone of deep disgust.

"And to think that mamma would make all that fuss about one little bottle of ink!"—Lippincott's.

"Are You Ready? Get!"

Mrs. John Peters was the mother of a family of restless children, and she found difficulty in reducing them to quiet when the moment came for asking a blessing at the table. So her course of procedure was something in this fashion:

"Alice, be still! Eddie, not another word! Maud, don't you see your father is waiting? There—now, John; now!"—New York Times.

A Run of Luck.

Tom—I asked old Goldman for his daughter last night.

Dick—What luck?

Tom—Well, it was what you might call a run of luck. I got away.—Exchange.

Farely Ornamental.

Charlie—How in the world, Gawge, do you manage to see with that single eyeglass of yours?

Gawge—My dear fellow, I see with the other eye.—San Francisco Wasp.

The Twins.

"Faith, Mrs. O'Hara, how d'ye tell twins apart?"

"It is easy—I stick me finger in one mouth, and if he bites I know it's mine."—Harvard Lampoon.

A heart that never hardens, a hand that never tires and a touch that never hurts.—Charles Dickens.

JOCKEYS IN TRAINING

KEEPING THE WEIGHT DOWN IS NOT A DIFFICULT PROBLEM.

Fattening Foods Are Avoided, and Judicious Exercise Is Coured—As a Rule, Riders Last a Dozen Years and as a Class Are Not Saving.

"It is a popular belief," a well known trainer said to a reporter recently, "that a jockey has to resort to all sorts of injurious practices in order to keep his weight within required limits. The idea, however, is a far stretched one. Of course a jockey has to go through certain exercises each day and has to be very much more careful regarding what he puts in his stomach than most people in order to keep his weight down and from acquiring a superfluity of flesh, but he certainly does not starve himself, as is generally supposed. If he did so he would break down entirely in a very short time. A jockey must also be in the best possible physical trim and have his wits about him before a race, and to attain that he must be careful how he uses his constitution.

"There are two very important things a jockey has to consider in studying his dietary. He must see to it that his food is of the best quality and that it contains practically no flesh forming properties. All such fattening foods as, for instance, soups, beef, pork, potatoes, puddings and pastries a jockey must deny himself. Coffee, tea or other drinks are only taken very moderately, as all liquids help more or less in putting on flesh.

"Although a jockey has to eschew such foods, there are many other varieties which he gets just as much pleasure in eating and which at the same time are equally as good and strengthening for his constitution. A few days before a race a jockey who has a mount in it will not stint himself—provided he has no fear of overtopping his proper weight for the race—in anything which he thinks will not interfere with his digestive apparatus.

"Some jockeys, of course, take on and lose flesh quicker than others. I have known one or two who were particularly anxious to ride in certain races, but for which they were perhaps as much as eight or nine pounds too heavy, who reduced that weight in the same number of days. To accomplish that, however, they have to resort practically to a 'starving diet,' leaving as little as the strain on the vitality will permit without breaking down and trying to reduce their overweight by certain sweating exercises. It is needless to say that no jockey could stand too frequent repetitions of such severe measures to subtract from his weight without danger of permanently injuring his health and even sacrificing his life; still, many willingly resort to such 'get light weight quick' methods where they see good opportunities of making a name or a pile of money for themselves.

"It must be remembered that by nature jockeys as a whole are not of substantial physique or imposing in height, although they are as tough as whipcord. If they were, therefore, to indulge every day in the heavy bill of fare that the average business or working man partakes of it is not probable that they would increase much in weight or height. You often see jockeys in the big hotels and restaurants at the various racing sections after a race tucking in big and expensive dinners with a gusto and relish that would give a chronic dyspeptic an appetite for hard tack.

"Walking, running, cycling, punching the bag and hurdle jumping are favorite exercises among jockeys to keep their weight down. On going out for a walk or run they wrap themselves in the thickest of woolen sweaters and other heavy clothing, no matter how high the temperature may be, and the exercise is kept up for a distance perhaps of eight or nine miles, or, as we say, until you are 'drowned in sweat.' Turkish baths are also frequently indulged in by many, and they must wear excessively warm clothing after, and also when going for a gallop, no matter if the weather be boiling hot.

"I should say that ten or twelve years is the average of a jockey's active turf life. The length of his career, however, depends a great deal on his riding ability and luck.

"Jockeys are not of a saving class, and with but few exceptions I know of none who has ever managed to put enough money away to keep him in even half decent comfort after retiring from the turf. The majority, however, succeed in scraping up a bank roll of sufficient dimensions to start in some business. Like retired pugilists, they have a fondness for the liquor business, and I know a few one time jockeys who are prospering in that trade in different parts of the country. Others, again, become 'bookies,' poolroom keepers and enter into such businesses as enable them to gratify their inveterate love for gambling. I know of only one ex-jockey who is an exception to this rule. He retired some years ago with \$50,000 to his credit, and he immediately went into the real estate business in New Jersey. Today he is doing well. He was fortunate enough, however, to receive a good common school education in his early boyhood days—and that's a thing jockeys very rarely get. Outside of their knowledge of horsemanship the great majority are as ignorant as red Indians."—New York Times.

Money Talks.

"I suppose Quimley likes to argue as much as ever and is continually worsted as usual."

"No; he's more successful now since he got wealthy."

"What has his wealth to do with it?"

"Well, when he sees he's losing he just offers to 'bet a hundred,' and that settles it."—Philadelphia Press.

COLEMAN Business COLLEGE, Newark, N. J.

COR. ACADEMY & HALSEY STS. One block rear of the Post-Office. NEWARK, N. J.

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2. It employs the largest faculty of experienced teachers.
3. It will give you the most for your money in the least time.
4. It fills more positions at better pay than any other school in New Jersey.
5. It is the OLDEST, LARGEST, BEST school in the East.

School open the year round. Write for Catalogue and Booklet. Established 1892. Incorporated 1888.

H. COLEMAN, President, J. KUGLER, Jr., Principal.

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10 per cent. discount off regular prices during the next 30 days.

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Other Good Coffees: 12 to 15c. a lb. Good Teas in the cup, 25, 30 & 35c. a lb. Excellent Teas, best imported, all kinds, 80c. to 70c. a lb.

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